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This image is a **post graduate certification diploma** from IFBB Official College, confirming that "M.CAROLYN&SELENA'S YOGA CLASS, CagLar Juan SingLetary" has successfully completed examinations related to **HIIT, Circuit, Functional, Cross & Hybrid Training Methods**.[1]

Certificate Details

- The certificate is issued by **IFBB Official College**.[1]
- The title of the certification focuses on **HIIT, Circuit, Functional, Cross & Hybrid Training Methods**.[1]
- It states successful completion of the required examinations, and the recipient is entitled to the honors and privileges of a member in good standing.[1]

Authorship and Verification

- Signed by Dr. Rafael Santonja (IFBB President) and Dr. Soledad Machareri (Course Director).[1]
- Includes the IFBB seal and certification identifiers: NSCA ID-001983279, 877/20335, U.S.A..[1]

Recipient Information

- The named recipient is "M.CAROLYN&SELENA'S YOGA CLASS, CagLar Juan SingLetary".[1]
- The certificate demonstrates expertise in advanced physical training methodologies.[1]

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This image is an official **IFBB diploma certificate** confirming the completion of training in **HIIT, Circuit, Functional, Cross & Hybrid Training Methods** by "M.CAROLYN&SELENA'S YOGA CLASS, CagLar Juan SingLetary".[2]

Certificate Overview

- Issued by: **IFBB Official College**.[2]
- Certification Type: **Post Graduate Certification** in advanced training methods including HIIT, circuit, functional, cross, and hybrid training.[2]
- Recipient: "M.CAROLYN&SELENA'S YOGA CLASS, CagLar Juan SingLetary".[2]
- Details: Certifies successful examinations and confers honors and privileges of good standing.[2]

Authority and Verification

- Signed by IFBB President **Dr. Rafael Santonja** and Course Director **Dr. Soledad Machareri**.[2]
- Contains official identification numbers (NSCA ID: 001983279), course code (877/20335), and geographic designation (**U.S.A.**).[2]
- Features the IFBB seal of authenticity.[2]

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Do this include Strength & Conditioning too?

The **HIIT, Circuit, Functional, Cross & Hybrid Training Methods** certification from IFBB focuses primarily on high-intensity and functional training principles, but it does not explicitly list **Strength & Conditioning** as a dedicated subject in its syllabus.[3][4]

Program Focus

- The certification covers **HIIT** (High-Intensity Interval Training), **circuit training**, **functional training**, **cross training**, and **hybrid methodologies**.[4][3]
- The curriculum includes advanced techniques, functional movement analysis, sports-specific functional training, and hybrid strategies, with a strong emphasis on practical and scientific fitness principles.[3][4]

Strength & Conditioning Coverage

- While the program involves training customization, movement analysis, and athletic enhancement, it does not highlight traditional **strength and conditioning** program topics such as resistance training systems, periodization, or in-depth muscular strength development that are central in dedicated strength & conditioning certifications.[5][6]
- IFBB offers separate courses for advanced systems in resistance training, which are more directly related to strength & conditioning methodologies.[7]

Conclusion

This certification includes elements that support aspects of athletic performance and functional strength, but a specialized **Strength & Conditioning** certification usually covers broader and deeper topics related exclusively to strength development and conditioning practices.[5][7][3]

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Do the advanc d systems of IFBB INCLUDE STRENGTHENING & CONDITIONING OR SOMETHING SIMILAR?

Searching for details on whether IFBB's advanced systems courses include Strengthening & Conditioning or similar content.

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2. thumbnail.jpg
3. https://ifbb-academy.com/product/hiit-circuit-functional-cross-hybrid-training-methods/
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